

CNRMA

COMMANDER NAVY REGION MID-ATLANTIC



Serving the
Mid-Atlantic Region
Navy Community

Safety Office

Naval Amphibious Base
Little Creek



SAFETY ADVISOR

January 2007

The Navy Region, Mid-Atlantic Public Safety, Little Creek Safety Office publishes the Safety Advisor and widest dissemination within your organization is encouraged. Please post on official bulletin boards and route to your staff.



Winter Travel

Before beginning your journey during wintry weather conditions...Ask yourself if your journey is absolutely essential.



Braking

The jury is still out on whether rapid pumping of the brake pedal is more effective on slick surfaces than applying a soft steady pressure on the pedal, letting off just before the tires begin to slide. Of course, if the latter method is attempted and the tires do begin to skid, the driver must immediately let off the pedal and recover by steering in the direction of the skid. Shift into neutral to stop on slippery surfaces.

Make sure battery connections are good.



If the battery terminal posts seem to be building up a layer of corrosion, clean them with a paste of baking soda and water. Let it foam, and then rinse with water. Apply a thin film of petroleum jelly to the terminal posts to prevent corrosion, and reconnect. **Wear eye protection!**



**Carbon
Monoxide
ALERT**

Carbon monoxide, present in exhaust fumes, is almost impossible to detect and **CAN BE FATAL** when breathed in a confined area. Because of the danger of carbon monoxide poisoning, don't let your car warm up in the garage for a long period of time, especially if you have an attached garage. The fumes easily can seep into the house and overcome those inside, even with an open garage door.

Winter Driving

For one of the best presentations on winter driving, take a look at this excellent one developed by USAREUR posted at

<http://www.nas Oceana.navy.mil/safety/Training/TrafficSafety/winterdriving.ppt>

(click twice at login-4 mb)



HYPOTHERMIA

(even though weather in Tidewater is relatively mild, read on...)

Hypothermia occurs when the body loses more heat than it produces. When your body drops even a few degrees below normal (which is about 98.6°F.), you can begin to shiver uncontrollably, become weak, drowsy, disoriented, unconscious, and even fatally ill. This loss of body heat is known as “cold stress” or hypothermia. **It is caused by cool to cold temperatures, wind, lack of sunshine, and most importantly, wet or damp clothing.** The following guidelines can help you keep your body warm and avoid the dangerous consequences of hypothermia.

DRESS IN LAYERS

Outdoors or indoors, it pays to dress in layers. Layering your clothes allows you to adjust what you're wearing to suit the temperature conditions. In cold weather, wear cotton, polypropylene, or lightweight wool next to the skin, and wool layers over your undergarments. For outdoor activities, choose outer garments made of waterproof, wind resistant fabrics such as nylon. And, since **a great deal of body heat is lost through the head**, always wear a hat for added protection.

KEEP DRY

Water cools your body temperature 25-30 times faster than wind or air. Even in the heat of summer, falling into a 40° lake can be fatal in a matter of minutes. Always take along a dry set of clothing whenever you are working or playing outdoors. Wear waterproof boots in damp or snowy weather, and always pack raingear (even if the forecast calls for sunny skies.)

FIRST AID FAST

Even if you only suspect hypothermia, call an ambulance or doctor right away. If possible bring the person into a warm place, shelter from any wind, rain or snow. Keep the head covered and remove all wet clothing and bundle with blankets or dress in dry clothing. **Don't rub or massage the victim or place the victim in hot water. Give warm beverages (but not alcohol or caffeine).**

PREVENTION IS PROTECTION

Whenever you go outdoors, especially in cold weather, think about how to protect against conditions that can cause hypothermia. Dress warmly, stay dry, bring along extra dry clothes. Hypothermia can be fatal, but it can also be prevented.

TEMPERATURE VS. SYMPTOMS

Severity	Body Temperature (°F)	Symptoms
Mild	98.6 - 97	Shivering Begins
	97 - 95	Cold sensation, skin numbness, goose bumps, lack of hand coordination
Moderate	95 - 93	Intense shivering, general lack of muscular coordination, slow or stumbling pace, mild confusion, pale skin.
	93 - 90	Violent shivering, gross lack of muscular coordination, mental sluggishness, amnesia, difficulty speaking.
Severe	90 - 86	Shivering stops, muscular stiffness, extreme confusion or incoherence, irrational behavior, inability to stand, skin appears blue and or puffy.
	86-82	Muscular rigidity, semiconscious, pulse and respiration decrease, dilation of pupils, skin ice-cold to touch
	82-78	Unconsciousness, pulmonary edema, pulse and heartbeat erratic, cardiac and respiratory failure, death.



Base Traffic Violations and Penalties

Ref (a): COMNAVREGMIDLANTINST 5560.10

Generally, traffic offenders will be issued an Armed Forces Traffic Ticket for minor offenses and will be required to request and attend the base Administrative Traffic Court. Class 1 Misdemeanor and Felony offenses will be subject to criminal and administrative actions. For traffic offenses processed through Federal District Court (Norfolk), there can be an immediate revocation and suspension of base driving privileges, which can be restored if the offender is found

not guilty.

Administrative action taken at one regional installation will be enforced at all others.

Suspension/ revocation of base driving privileges:

- (1) Offenses requiring suspension/revocation by reference (a) above
- (2) Accumulation of 12 points in 12 consecutive months or 18 points in 24 consecutive months

All persons operating a motor vehicle aboard a regional base will be required to attend AAA Driver Improvement Program (AAA/DIP) training (given by the Base Safety Office) when:

- (1) A person's base driving privileges have been suspended /revoked
- (2) A person has been convicted of any serious moving violation or has been determined to be at fault in a traffic mishap while operating a government motor vehicle.

Below is a sampling of penalties required for various types of traffic violations. For a complete list and for detailed explanations of the violations, penalties, appeals, etc., you can review reference (a) above on the CNRMA website at <http://www.cnrma.navy.mil/Inst/cnrmainst.htm> (PKI Certificate required) or contact the NABLC Security Precinct at 462-4445.

Federal Summons are as follows (monetary fines can be paid without going to Federal Court):

	Fine	Standard Assessment	Processing Charge	Total
Disregarding a traffic light	\$75	\$5	\$25	\$105
Speeding over 14 mph	Speed limit + \$5	\$5	\$25	Varies
Failure to yield ROW to pedestrian	\$60	\$5	\$25	\$90
DUI	Mandatory Federal District Court			
Reckless driving	Mandatory Federal District Court			
Suspended or revoked license	Mandatory Federal District Court			

Other sample penalties (in addition to any judicial action from Federal Court or Military Justice System):

Driving while driver's license or base privileges are under suspension	Mandatory 2 yr revocation
DUI	Mandatory 1 yr suspension
Unauthorized use of a motor vehicle belonging to another	Mandatory 1 yr suspension
Racing on the highway	6-12 months suspension
Reckless driving	6 points
Speeding 11-15 mph over speed limit	4 points
Following too close	4 points
Failure to stop for school bus	4 points
Improper passing	4 points
Operating an unsafe vehicle	2 points
Wearing headphones/earphones while driving	3 points
Leaving motor running/unattended in roadway or parking lot	3 points
Excessive loud noise from sound system in vehicle	1 point
Failure to properly restrain children	2 points
Obscene, indecent or profane bumper sticker	1 point
Illegal parking	Warning to 90 day suspension

Illegal parking in handicap space	60-180 day suspension
Failure to give required signal	Warning to 90 day suspension
Illegal equipment on vehicle (tinted glass/lights, etc.)	Indefinite suspension
Driving in a restricted area	Warning to 90 day suspension
Driving on base after permit has been suspended	2 yr to indefinite suspension
Failure to possess valid license or registration card	Indefinite suspension
Leaving children under 10 unattended in vehicle	Warning to 6 mo suspension
Refusing to submit to random gate search	90 day to 1 yr suspension

Safety Training

The Little Creek Safety Office can set up various types of safety training for your personnel (i.e drinking and driving, winter driving, safety stand-downs, recreational off-duty, etc.). To obtain this service, we need your quota requests. Our POC's are Ms. Kymm Beaver at 462-2199 or Mr. Dave Edwards at 462-2501.

January Training Opportunities... (contact the Safety Office to sign up)

1. **Hazards of Electromagnetic Radiation to Ordnance (HERO)** Training- 16 Jan, 1300-1600- NABLC Navy College Office (bldg 3016), Rm 241
2. **Navy Munitions Rule** Training- 30 Jan, 1300-1500- NWS Yorktown

Future Safety Events

1. **Quarterly Traffic Safety Council Meeting** – 15 Feb, 0930-1030, Base Chapel (bldg 3535)-all Safety Representatives are encouraged to attend.
2. **Ammunition and Hazardous Material (AMHAZ) Review Board**- 16-20 Apr
3. **DUI Prevention Meeting**- TBD

"The Deficiency Corner"

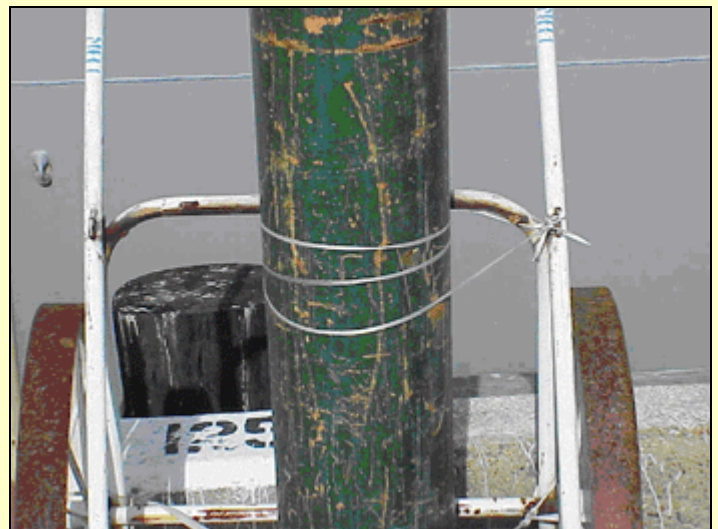
Could this be your worksite??? If you have this problem... let's do something about it!!



Problem: Trip Hazard

Violation: 29 CFR 1910.23 (a) (5)- Every pit and trapdoor floor opening shall be guarded to prevent a trip or fall hazard.

Solution: Repair or replace damaged floor cover



Problem: Cylinder not secured properly to prevent from falling over

Violation: 29 CFR 1910 253 (b) (2) (ii)

Solution: Remove plastic tie rap and secure with steel chain



Opossum caught outside building 1602 in December

Wild Animal Safety

Old MacDonald had a farm . . . e-i, e-i, ooohhh. And on that farm he had an assortment of four-legged friends. More and more our cities have becoming a refuge for wild animals. We all have seen opossum, raccoon, and foxes in our city, and it can be fun and educational to watch them.

But, as fascinating as for example opossums are, they can be upset by human presence and can unexpectedly become aggressive and unpredictable. Opossums can carry various parasites and diseases such as rabies. If you see an opossum you should avoid direct interaction and keep your distance. Do not give them a reason or an opportunity to attack.

If a wild animal is creating a nuisance or posing a threat to public safety, the ONE AND ONLY WAY to take care of your problem is to **call Pest Control professionals at 444-8950, ext 3031**. These professionals have the experience and the tools to quickly trap the animal and remove it from the area.



Traffic Death Update

On January 1 just after midnight, a corporal was struck and killed by a car in Belle Chase, La. On December 29 at 1300, an E-3 was killed in a single-vehicle crash in Hudspeth County, Tex. The vehicle rolled over and ejected him. On December 26, a Marine private attached to CNATT Unit Lemoore lost control of his motorcycle in Crosby, Texas, and suffered fatal injuries.

Navy and Marine Corps PMV Deaths FY07 to date : **32**



Motorcycle Safety

Basic Rider Course (BRC): Two day course required for all Active Duty Military who ride a MC on or off base; and civil service personnel, retirees, dependents, and contractors who want to ride a MC on base.

Experienced Rider Course (ERC): One day course to brush up old skills. To enroll in the Experienced Rider Course, you must provide a copy of your BRC card to show you have completed the MSF Basic Rider Course- copy of card may be faxed to our office at (757) 462-2566. *If you are interested in taking the Experienced Rider Course between now and May 07, please call 462-2199 or 462-2197 to schedule. Our 2007 schedule will have ERC classes scheduled beginning in May.*

Driver Awareness Safety Training (DAST)

This is a one day (4 hour) class in traffic safety to establish & reinforce safe driving habits. This course meets the "Military Personnel under 26 years of age" traffic safety training requirement. Class dates will be determined based on interest in the class and personnel requesting registration. Commands interested in scheduling personnel for this training should contact our office at 462-2199 or 462-2197.

Motorcycle Safety Training Schedule

(more classes available at other Regional bases- see our website)

<u>Dates</u>	<u>Course</u>	<u>Days</u>	<u>Times</u>
➤ 22-23 January 2007	BRC	Mon/Tue	0700-1600
➤ 05-06 February 2007	BRC	Mon/Tue	0700-1600
➤ 05-06 March 2007	BRC	Mon/Tue	0700-1600
➤ 23-24 March 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 09-10 April 2007	BRC	Mon/Tue	0700-1600
➤ 20-21 April 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 07-08 May 2007	BRC	Mon/Tue	0700-1600
➤ 07 May 2007	ERC	Mon	0730-1200

➤ 18-19 May 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 21-22 May 2007	BRC	Mon/Tue	0700-1600
➤ 04-05 June 2007	BRC	Mon/Tue	0700-1600
➤ 04 June 2007	ERC	Mon	0730-1200
➤ 15-16 June 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 18-19 June 2007	BRC	Mon/Tue	0700-1600
➤ 09-10 July 2007	BRC	Mon/Tue	0700-1600
➤ 09 July 2007	ERC	Mon	0730-1200
➤ 10-11-12 July 2007	BRC	Tues/Wed/Thu	1600-2000
➤ 20-21 July 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 23-24 July 2007	BRC	Mon/Tue	0700-1600
➤ 06-07 August 2007	BRC	Mon/Tue	0700-1600
➤ 06 August 2007	ERC	Mon	0730-1200
➤ 17-18 August 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 20-21 August 2007	BRC	Mon/Tue	0700-1600
➤ 21-22-23 August 2007	BRC	Tues/Wed/Thu	1600-2000
➤ 04-05 September 2007	BRC	Mon/Tue	0700-1600
➤ 04 September 2007	ERC	Mon	0730-1200
➤ 14-15 September 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 17-18 September 2007	BRC	Mon/Tue	0700-1200
➤ 01-02 October 2007	BRC	Mon/Tue	0700-1600
➤ 01 October 2007	ERC	Mon	0730-1200
➤ 12-13 October 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 15-16 October 2007	BRC	Mon/Tue	0700-1600
➤ 05-06 November 2007	BRC	Mon/Tue	0700-1600
➤ 03-04 December 2007	BRC	Mon/Tue	0700-1600

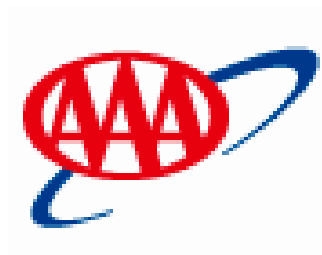
- ❖ On-line registration & procedures, visit our website at:
<http://www.nablc.navy.mil/safety/motorcycletrainingcourse.htm>
- ❖ Participants must provide their own motorcycles for the course & have appropriate license endorsements, registrations, insurance and inspection.
- ❖ Classes are generally conducted at 0700 at Bldg 3535 Base Chapel. Participants are to meet in the parking lot at the corner of 5th St. and D St (Lot is located between the Base Chapel and the NEX Furniture Store) See website for map!
- ❖ Personnel registering for the ERC must provide a copy of their BRC course completion card prior when they register.

AAA Driver Improvement Program (DIP)

(more classes available at other Regional bases- see our website)

2007

- ✓ 24 January 2007
- ✓ 21 February
- ✓ 28 March
- ✓ 25 April
- ✓ 30 May
- ✓ 27 June
- ✓ 25 July
- ✓ 29 August
- ✓ 26 September
- ✓ 31 October
- ✓ 28 November
- ✓ 12 December



- Per OPNAVINST 5100.12G Navy Traffic Safety Program Instruction requires DIP classes for: All Navy military & DON civilian personnel operating government motor vehicles (GMV). Personnel are required to take the DIP Class if they are required to operate a GMV by job description, PD, a requirement of the specific job, etc. It does not include personnel who operate GMVs such as the CO/XO, person using a GMV to go on travel, etc.
- All Navy military & DON civilian personnel involved in a crash while driving a GMV (whether on or off government property) All Navy military personnel who have been convicted of serious moving traffic violations (e.g. reckless driving, driving while impaired, speeding, following too closely, failure to yield, etc.) while driving a private motor vehicle (PMV) or GMV (whether on or off government property).
- All DON civilian personnel in a duty status who have been convicted of serious moving traffic violations (e.g. reckless driving, driving while impaired, speeding, following too closely, failure to yield, etc.), while driving a PMV or GMV (whether on or off government property) (Note- Serious violations are similar to those considered "6-point violations" by the Virginia Department of Motor Vehicles).
- Offenders, military or civilian, shall successfully complete the American Automobile Association's Driver Improvement Program (AAA DIP) conducted by a COMNAVSAFECEN-approved instructor or other COMNAVSAFECEN approved training or lose installation driving privileges.

Thanks to everyone who contributed to this month's Safety Advisor

NAB LITTLE CREEK SAFETY OFFICE

2660 Tarawa Ct. Bldg. 1602 Suite 112-D

Norfolk, VA 23521-2415

(757) 462-2193 - fax (757) 462-2566 - DSN 253

www.nablc.navy.mil/safety

